



It's National Stress Awareness Month

It's all around us! Stress from work duties, responsibilities at home, caring for others, financial concerns, and more. Everyone experiences stress at times, but continued periods of anxiety can affect your health and ability to function effectively.

Take steps to manage stress. Explore these tools and benefits provided by the Kentucky Employees' Health Plan (KEHP):

LivingWell

Providing wellness tools like [HumanaVitality](#), nurse support, and [stress management resources](#) to help you live long, healthy, happy lives. For example, the Living Easy course through HumanaVitality is an online self-management tool associated with better ways to help you manage stress.

myStrength:

Offering online self-help tools and inspiration to empower you to stay mentally and physically healthy. Watch this [video](#). Log in to Anthem.com/kehps to access myStrength tools.

LiveHealth Online:

See a doctor anywhere, any time, using a mobile device or a computer with a webcam. Now that's a stress reliever! Visit [LiveHealth Online](#).

Symptoms of stress

Nagging headache
Muscle aches
Insomnia
Decreased appetite
Anxiety
Irritability
Sadness
Lack of motivation

Risks

Left untreated, stress can contribute to:

high blood pressure
chest pain
heart problems
diabetes
skin conditions
asthma
arthritis
depression

Additional resources

Ky Dept of Library & Archives,
[Lifestyle & wellness](#)

Federal Occupational Health,
[Stress Awareness](#)

Center for Disease Control,

Managing Stress

American Psychological
Assoc.,
Work, stress & health

For all of your health benefit information,
visit <http://kehp.ky.gov>

KENTUCKY PERSONNEL



Questions?
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